

# MySelf-Management Living Better Groups - Caithness

Please do not attend if anyone in your household is unwell with Covid-19 symptoms



## Crafting with Rag Tag in Broadford - 1st Monday of each month 11am - 3pm \*

**AUG**

**5th**

**SEP**

**2nd**

**OCT**

**7th**

**NOV**

**4th**

**DEC**

**2nd**

## Resting Rowans in Kyle of Lochalsh - 2nd Tuesday of each month 11am - 2pm \* Therapeutic Outdoor Session

**AUG**

**13th**

**SEP**

**10th**

**OCT**

**8th**

**NOV**

**12th**

**DEC**

**10th**

## Seated Movement, Kyle Village Hall, Every Wednesday at 11am

**Every Wednesday**

**From Wednesday 14th August**

**\*(Runs every week but Kate will attend above dates, although subject to change).**